Rapid Upper Limb Assessment (RULA)

The figure shows a worksheet consisting of 15 steps from which an overall attitude (the so-called RULA score) can be derived.

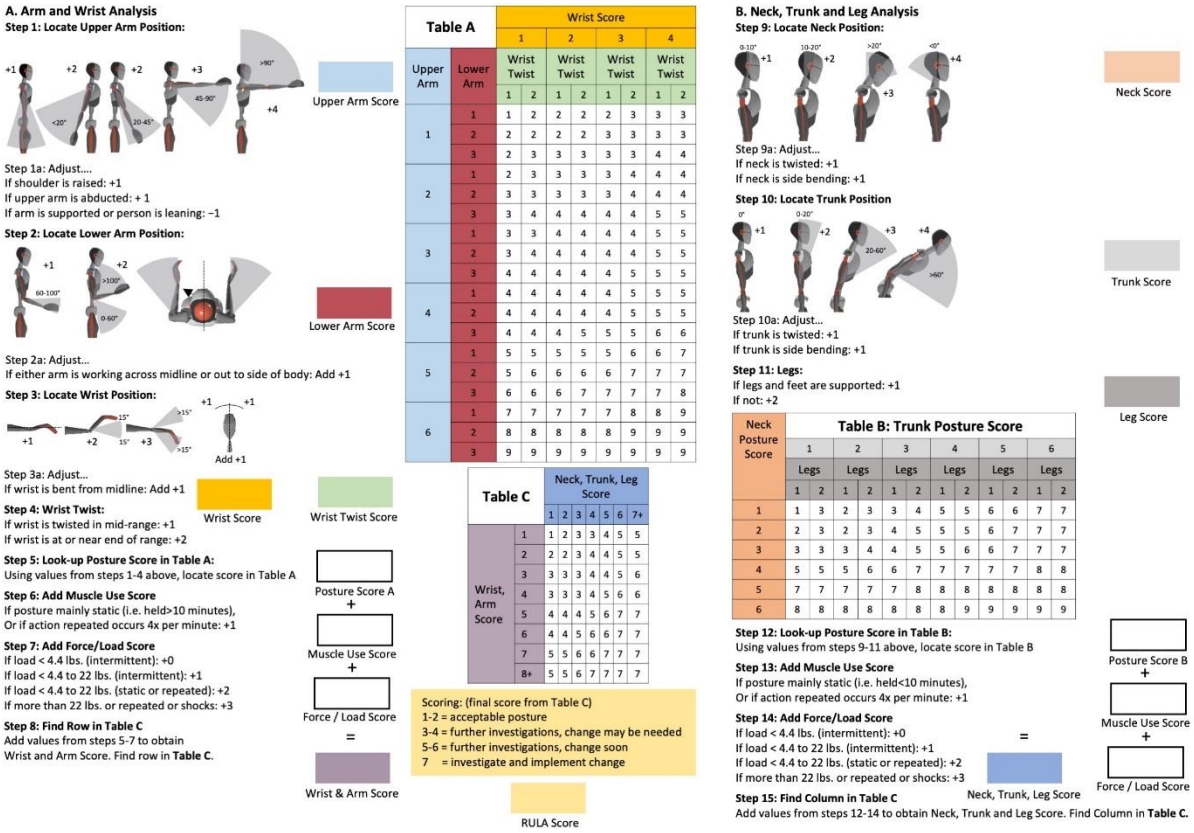

Figure S1. The Rapid Upper Limb Assessment (RULA) worksheet.[49].

How the RULA assessment works, in detail, using the worksheet is described by Maurer-Grubinger et al.[49]

At the end, an overall score is read off a table for the right and left sides of the body; this assesses the ergonomic risk according to the following categorisations[41]:

- Score 1-2: "Posture is acceptable if it is not maintained or repeated for long periods".
- Score 3-4: "Further investigation is needed and changes may be required".
- Score 5-6: "Investigation and changes are required soon".
- Score 7: "Investigation and changes are required immediately".